



City of Longmont Recreation & Golf Services 2019 Outdoor Grass 4v4 Coed Volleyball Manual

**Adult Competitive, Adult Social, Teen Divisions
Monday Evenings, Roosevelt Park**

Important Phone Numbers

Athletics Office	303-774-4758
Longmont Recreation Center	303-774-4800
Rain out (inclement weather) line	303-774-4400

Registration Dates

Game Nights (Mondays)

Team Fees (Early Bird Date)

Register

Online (keyword "volleyball")

Summer – Apr 30-Jun 3; Fall – Jul -Aug

Summer – Jun 10-Jul 22; Fall – Aug 12-Sep 22

\$105/\$135 (Summer – May 19; Fall – July 21)

Longmont Recreation Center, 310 Quail Rd

www.longmontcolorado.gov/rec

CITY OF LONGMONT RECREATION SERVICES

OUTDOOR GRASS COED VOLLEYBALL (TEEN & ADULT 4v4)

General Information:

The Adult Volleyball Program is sponsored and supervised by the City of Longmont Recreation and Golf Services Division. The purpose of the league is to engage adult and teen volleyball enthusiasts in the community and provide opportunities to participate in structured volleyball league under the philosophy of friendly competition and sportsmanship.

The Longmont Recreation Services Adult Coed 4 on 4 leagues are designed to play with 4 person teams; 2 men & 2 women at any given time with at least one female on a team.

Teams should arrive 5-10 minutes prior to the game time in order to get to their courts and start warming up.

- 45 minute games
- Rally score. Teams win by two or reach cap score.
- Each match consists of three games, first two to 21 (cap 23); third game to 15 (cap 17).

Regulate your own play, no officials are provided.

At the completion of the last games, teams are asked to help breakdown nets on each courts.

Adult volleyball leagues are governed by **USA Volleyball rules** with the exceptions outlined in this manual. The City of Longmont reserves the right to change any rules, regulations, and policies whenever due cause warrants a change. When a change is made, all managers of teams affected by such a change will be notified immediately. All league rules will be enforced by officials and the Athletics staff.

Recreation Services reserves the right to place teams in leagues where there will be equalization of competition. This may also be affected by the total number of teams, and divisions there are for each year.

All managers are responsible for the information contained in this manual, as well as, any other information distributed by the Athletics Office. Managers are responsible for sharing all information in this manual with team participants.

Any questions concerning volleyball schedules, standings, game results, rosters, rule interpretations, or any other concerns not stated here, but that have to do with the City of Longmont Adult Volleyball Program should be directed to the Athletics staff at the Longmont Recreation Center, 303-774-4758.

League Skill Divisions:

Competitive - Teams who wish to play in the highest level of competition & skill offered. Players should be proficient in all skills & strategies of the sport.

Social – Teams who wish to play without getting into the highly competitive level. Players should have average skills & knowledge of the sport and like to have fun.

Recreation Services Responsibilities:

- Provide a schedule of games (regular season, etc.)
- Provide facility, game balls and field supervisor
- Keep a record of all games played
- Handle all misconduct situations with the guidelines stated in the “Code of Conduct”

Manager’s Responsibilities:

- Inform all team members of the information contained in this manual or any material provided by the athletics office including game times and dates
- Insure that all team members are recorded on the official roster
- Be responsible for the actions of your team while participating
- Notify Athletics office of any changes of team manager information
- Follow league rules as stated

Adverse (Inclement) Weather:

Call the weather line, **303-774-4400** for up to date information.

Team Rosters

- I. Before a player is eligible to participate in the league, he / she must be officially listed on a team roster.
- II. Players can be added to a team roster at any time (except the week of playoffs) by contacting the game official. Roster will be kept on file at the gym.
- III. Rosters are limited to 16 players.
- IV. Teams may only register for one league per season.
- V. Final decisions regarding player eligibility will be made by the league director.

Player Eligibility Rules:

- I. All players must be at least 16 years old to participate in adult leagues; 12 – 16years for teen leagues. All players under the age of 18 must have a waiver form signed by a parent or guardian.
- II. Any player, coach, or manager who is ejected from a game is automatically ineligible for that team’s next game. Any player, coach, or manager who is ejected from two (2) games will be suspended from all league play.
- III. Recreation Services reserves the right to rule on this on a case by case basis.

Free Agents:

Individuals looking for a team may register as a free agent to form a team.

Registration Procedure:

Registration is on a first come, first served basis as listed by designated registration dates.

Teams:

Each team will need to complete a team registration form for each season they wish to play. Payment is due when registering. Registration is available online or at the Longmont Recreation Center.

Entry Fees:

No team will be accepted into the league until the entry form and appropriate fees have been accepted by Recreation Services. It is the sole responsibility of the Team Manager for all team payments. Teams with outstanding balances are not be eligible to play in any Longmont Sports league until all league fees are paid in full.

Uniforms / Equipment:

Teams are encouraged to wear similar color t shirts, uniforms but not required.

Tie breaker procedure:

If at the end of league play, teams are tied for first or second place, the following tie breaking process will be used:

- Head to head competition.
- Total points scored **against** (total points against tied teams only) (in the case of a three or more way tie, if head to head points scored against reduces the remaining teams to two, the breaker reverts back to head to head). Standing online may display a different result due to limitations of our software.
- Still tied, duplicate awards will be given.

Facility/Park Rules:

1. Zero Tolerance Rule: Profanity, abusive language, taunting, obscene gestures, and physical violence will not be tolerated. Any player, coach, or spectator using any type of foul language or taunting of any kind to an official, supervisor, scorekeeper, or any other player, coach, or spectator will be ejected from the game, and if necessary, from the league. (See Player Code of Conduct)
2. **Alcohol is not permitted in a city facility, which includes parking lots.**
3. There is no smoking allowed inside the playing area or city building at any time. Penalty shall be forfeit of game in progress.
4. Glass containers are prohibited.
5. The supervision of children will be the responsibility of the parents. If children are interfering with the game, i.e. running onto the court, playing with balls, etc., the parents will be asked to remove the children from the area of play.
6. Any team or individual of a team misusing the facilities will result in that team being dropped from the league with no refund of fees.

Awards:

Bragging rights only, no trophies/shirts for winning teams.

SPECIFIC GAME RULES & STANDARDS:

All league play will be governed by the United States Volleyball Association (USAV) with the exception of the following City of Longmont rules:

SCORE SHEETS:

Team captains are responsible for recording the final win/loss of each match.

Players:

Outdoor 4v4 volleyball is played with four players with any combination of men and women on the court; however, teams will be allowed to play with three players. Teams must maintain their original line up throughout the game, no switching sports offensively or defensively.

Three person teams may ignore the “ghost player” rule (which is defined as opposing team receive point and are allowed to serve when the “ghost player’s” rotation comes up.

Rotations:

The standard for a rotation is a diamond, (i.e.; a front row player (the setter), two hitters (right and left) and a back row player (server).

Serve and Receive:

You must hit the ball on the first toss of the serve (overhand or underhand) if you catch the ball, drop the ball, or allow the ball to drop to the ground, it is an automatic side out. You may serve from anywhere on the back line. If you forget to serve in rotation, it is an automatic side out. You may not block the serve or attack the ball when it is still in the plane of the net. JUMP SERVES ARE LEGAL IN ALL DIVISIONS. Players may NOT set the serve (see PASSES AND SETS). Please serve the ball in a reasonable amount of time.

Co-ed Rule

If the ball is contacted more than once by a team, a women is not required to touch the ball prior to sending the volley ball back to the other side.

Referee

This league does not provide a ref. Teams are asked to call their own games fairly and honestly. A coordinator will be available to answer any questions that arise. If discrepancies do arise, please ask a coordinator. If there is a dispute on point, replay the point. Coordinator retains the right remove player/team from the league if they are unable to comply with rules. Unsportsmanlike conduct will not be accepted.

Substitutions

Teams can substitute for a position at any time during the game as long as the serving rotation is consistent throughout the game. A 4th player arriving late may enter the game during any dead ball.

Time outs:

Each team is allowed one (1) time-out per game. Time-outs are 30seconds. Injury time-outs are allowed for as long as the player needs to get the proper help.

- SPIKES: All players can legally spike the ball at the net except the “back row” player (see ROTATIONS, PLAYERS). Since there is no 10-foot line, the back row player (the server) should never leave their feet except to dive

Dinks:

No open-handed dinks are allowed. An opened-hand allows the player to affect the direction of the ball by using fingertips in conjunction with the twist of the wrist. The ball must leave the

hand clean (i.e., the player may not “steer” the ball like an indoor open hand shot), cobras and knuckles are allowed.

Passes and Sets:

PLAYERS CANNOT “SET” THE SERVE (i.e., the serve must be “passed” with a bump (hands together below the waist), or with your hands together (above the waist). Players should call their own sets, with “cleanliness” according to the level of the league (i.e., lower-level leagues should be a venue to learn and practice setting so most sets will be okay, within reason- ask League supervisor what goes on in your division), while higher-level leagues will be expected to have higher-level sets

Sets over the Net:

ALL SETS OVER THE NET MUST BE “AA” LEVEL (NO rotation in ANY direction) and must leave the setters body square to the player’s feet and shoulders without being lifted, carried or thrown. Balls can be played off any of the body as long as they are not carried, lifted or rolled (i.e., kicking is allowed).

Hard Driven Balls:

In a defensive action of a hard-driven ball, the ball can be doubled contacted with the hands. The Ball leagues’ definition of a “Hard-Driven Ball” is a ball that travels its entire flight path, from the hitter’s hand to the digger’s hands/arms, in a downward direction. If the ball contacts the net, it is NO LONGER a hard driven ball. This means, in 99% of the instances, the hitter jumped to hit the ball (i.e., if you can’t reach the net, it is impossible to hit the ball down without jumping). Furthermore, a serve is never a hard-driven ball, and may NEVER be taken with open hands.

Under the Net:

Players not touch the net. Players may go under the net as long as they do not interfere with another player’s safety or ability to get the ball. For the safety of all players, if a player comes under the net in an aggressive manor, they may be asked to leave the facility and suspension may be awarded

Blocks:

A blocking contact is not counted as a team contact. The blocking team will have three contacts after a blocking contact.

Out of Bounds and Boundary Ropes:

If a ball touches any of the yellow rope which make up the court the ball is declared in bounds. If the ball lands outside the yellow rope it will be declared out of bounds and a point will be awarded to opponent.

Going onto the other courts:

Players are not allowed to make a play on the ball on an adjacent court if that court has a game in progress. Play stops immediately and it is a point for the other team.

Rain/Inclement weather days:

Check the rain out line, 303-774-4400 prior to your game time for inclement weather cancellations. Summer storms tend to pass over quickly, games may not be canceled right away. If there is lightning the Field Supervisor may call a delay of play until the storm passes.

CITY OF LONGMONT RECREATION SERVICES

PLAYER CODE OF CONDUCT

DEFINITIONS:

Coach – The player designated as team spokesman and the ONLY person who may discuss a decision with officials. The coach can be either a player or non-player.

Player – A person, who actively participates in the game, sits on the bench or who is on the roster.

Contest Area – That area which is designated by the Sports Program Supervisor.

Spectator – A person who comes out to watch the games for entertainment with no physical involvement.

City of Longmont Activity – Any event designated or hosted by the City of Longmont Recreation Division.

Program Administrator – The full time employee or designated individual of the City of Longmont Recreation Services directly responsible for the activity.

Abuse – includes but is not limited to, obscene gestures, heckling, verbally attacking or threatening and/or laying a hand upon, shoving, striking, hitting or punching.

CODE:

1. No player shall: at any time abuse a Recreation employee, player or spectator. In addition, no player shall be guilty of using unnecessarily rough tactics in the play of the game against the body and person of an opposing player.
2. No player shall: refuse to abide by an official's decision, nor argue the officials judgment.
3. No player shall: appear at the contest area under the influence of alcohol or drugs, nor consume alcohol or drugs during play. A player may not smoke while on the field of play.

PENALTY

Minimum penalty: removal (ejection) from further play in the game being played and suspension from the next scheduled game.

Maximum penalty: penalty shall be determined by the Program Administrator and/or the Recreation Superintendent. Offenders may be suspended from further league play.

TWO MINUTE CLAUSE shall be in effect. Two minutes will be allowed for an ejected or suspended player(s) to remove him/herself from the designated contest area. If this time limit is not met, the contest shall be forfeited to the opponents.

ELASTICITY CLAUSE – In order to provide for the recreational enjoyment of players, coaches, and spectators any enforcement procedures which are not stated herein may be provided by the Recreation Division as is deemed necessary.

MISCONDUCT: We believe sponsors are important to the program. When deemed necessary, a letter will be sent to the teams sponsor(s) informing them of player, coach, manager, or fan misconduct or poor sportsmanship.

CITY OF LONGMONT RECREATION SERVICES
TEAM ENTRY FORM – 2019 OUTDOOR GRASS 4V4 COED VOLLEYBALL

TEAM NAME: _____

Manager (or adult responsible for Teen Team): _____

Phone (Primary): _____ Secondary: _____

Address: _____
Street City Zip

E-mail: _____

Assistant Manager: _____

Phone (Primary): _____ Secondary: _____

Address: _____
Street City Zip

E-Mail: _____

(check)	_____	SUMMER LEAGUE	_____	FALL LEAGUE
		Jun 10 – Jul 22		Aug 12- Sep 23
(check)	_____	Adult Competitive	_____	Adult Social
			_____	Teen

*****All games played at Roosevelt Park *****

This form must be completed and submitted along with the entry fee to be considered fully registered. I understand that the entry fee **will not** be refunded if I fail to enter a team in the above mentioned league. As Team Manager, I am responsible to submit payment in full.

Signature

Date

2019 ADULT KICKBALL FEES

LEAGUE FEE: \$105 (\$135 AFTER MAY 19) \$ _____ DATE RECEIVED: _____

EXTRA PLAYER FEES (9+ PLAYERS) _____ X \$13 = \$ _____ RECEIVED BY: _____

TOTAL PAID \$ _____

Individuals or couples can register as Free Agents at
www.longmontcolorado.gov/rec or at the Longmont Recreation Center, 310 Quail Rd. Online refer to activity registration and key word “**free agent**”